



GREAT LAKES BULLETIN



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**2005
CHINFO
Merit
Awards**

Volume 82
No. 50

*The United States Navy's oldest,
continuously published base newspaper*

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STANDARD
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GRAYSLAKE, IL

Change service requested

AROUND NAVSTA



BLOOD DRIVE

Blood needed for
injured shipmates.

PAGE 4



CANDY DELIVERY

Housing residents will
a special delivery
Dec. 19

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NOW HEAR THIS

TAX TIME

VITA looking for
volunteers.

PAGE 4

TSC Sailors bring holiday cheer to hospitalized children

/ Page 2



Photo by Susan M. Koerner, TSC Public Affairs

FC1 Rod Hanson of Training Support Center (TSC), puts on a uniform of another color, and presents Jack Przanowski with a teddy bear during the "Teddy Bear Drop Off" at Advocate Lutheran General Children's Hospital in Park Ridge Dec. 11.

*The Bulletin staff wishes everyone a safe holi-
day season and a happy New Year! After a short
hiatus, we return on Jan. 5, 2007.*

About us Great Lakes BULLETIN

Volume 82, No. 50

The **Great Lakes Bulletin** is published every Friday by Lakeland Newspapers, 34121 N. Route 45, Suite 224, Grayslake, IL 60030, in the interest of military and civilian personnel aboard Naval Station, Great Lakes.

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Factual accuracy

Accuracy is important to us at the **GREAT LAKES BULLETIN** and we want to correct mistakes promptly. If you believe a factual error has been published, please bring it to our attention. Call Paul Engstrom at 847-688-4808

Annual teddy bear delivery spreads smiles

By **SUSAN M. KOERNER**
TSC Public Affairs

Heads turned and smiles appeared on adult and child alike as students and staff from Training Support Center (TSC) made a special delivery Dec. 11 of over 150 teddy bears to children at Advocate Lutheran General Children's Hospital in Park Ridge.

Leading the charge was Santa and Mrs. Claus, followed by Sailors in dress blues bearing candy canes and cuddly toys.

The teddy bear drop off is part of an annual Life Source program, which brings blood donors and some of the youngest blood recipients face to face.

"It's so great when they come in here," said Emily Gotha, child life specialist at the hospital. "When it's the Navy, people are like 'Wow', bright smiles appear, people sit up straight in their chairs. It's

so exciting for the kids to see them in uniform, and then it's such a gentle thing, giving a kid a teddy bear."

As happy as the kids were to chat with Santa, the Sailors were equally happy to participate.

FC1 Rod Hanson served as Santa for the second year. "That was a lot of fun, seeing some of these kids here in the bad spot they have going on, it's nice to lift them up, at least for a day," he said. AEC Theresa Grindeland donned a Mrs. Claus costume and helped spread holiday cheer to the children.

Divided in groups and escorted by hospital child life specialists, nearly every department was visited. "They probably visited 75 to 80 children, everything from the babies to emergency, therapy, same day surgery and adolescents," said Gotha. Hospital staff and family members of patients were also treated to

Sailors to hand out candy canes in housing

The Naval Station Great Lakes chief petty officer and first class petty officers associations will make a special journey to Great Lakes housing areas and handing out candy canes to the kids on Tuesday, Dec. 19 from 5 to 7 p.m. They will start at Nimitz Village, then go to Halsey and Forrestal, and finally end up at Brick Row.

Watch for the fire engine and police vehicles that will be escorting the candy delivery.



candy canes and small Life Source teddy bears.

While many of the sailors had visited before, first timer MMFN Irais Estrada said it was a great experience. "It was very rewarding, I really enjoyed seeing the little babies, it looked like they really wanted someone to play with them." Estrada was also surprised to be thanked by those in the hospital, not only for paying a visit that day, but for her military service. "To have people come up to you and say thank you for your service, even though I'm still in training, it felt really good to be recognized."

Children ranged in age from infant to 16 years old. Eleven year old Eddie peppered his visitors with questions as to how an airplane operates, while another, Matthew, showed his visitors his own military salute. Top items on their wish lists in-

cluded video game systems and remote control cars.

Four-year-old Jack Przanowski, who is battling leukemia, was able to spend a few moments talking with Santa and exchanging high fives. "It's wonderful," said his mother, Nora, "It's nice to get him to smile."

"It's great to help cheer people up especially during the holidays, when it can be a depressing time of year," said BM1 Brian Johnson. Johnson has participated in several hospital visits at various duty stations.

The bears were donated by federal employees who belong to the Chicago Federal Executive Board. The donation of stuffed toys was so overwhelming that some of the surplus was given to the hospital for new patients during the holidays and others will be given to the Marine Corp's Toys for Tots.

Chili Cook-off held at Naval Station



Photo by Jim Boylan

Great Lakes personnel line up in Bldg. 1 of Naval Station for a Chili Cook-off held on Dec. 6.

Nine varieties of chili were consumed at Naval Station Great Lakes' annual Chili Cook-off in Building 1 last week. Included in the purchase price was a hot dog with bun, chips, and a beverage.

Money collected was to be

used for today's NAVSTA holiday party.

Five judges selected three winners of the competition: People's Choice award - HMC Cory Whittle; Hottest - MA2 Steven Young; Most original - FC2 Merlie Bell.

All neighbors except Iran benefit from success in Iraq

By **John D. Banusiewicz**
American Forces Press Service

Defense Secretary Donald H. Rumsfeld

BAGHDAD - While success in Iraq's march to freedom would mean good things for most of its neighbors, Iran could only view that as a failure.

"A successful Iraq that is at peace with its neighbors and that has a government that's representative of the various elements within the country would represent an enormous success for this region," said

"Iran's view of the world is quite different," he continued, "and (a successful democracy in Iraq) would represent a failure from the standpoint of Iran."

Rumsfeld said people who are concerned by the Iranian government's provocative statements and its quest for nuclear weapons would recognize that a successful Iraq is "fundamentally inconsistent with the interests of Iran."

Sing along!



Photos by Judy R Lazarus

Child Development Center Daisies, pictured with Bob Leafblad, curriculum training specialist, are led by Ms. Angela as they perform during the center's annual holiday sing-along, which also included the Violets, Carnations, Buttercups, and Marigolds.

Holiday safety for infants, toddlers, preschool children

By **LADONNA KOLMAN, RN, CS, FNP**
Great Lakes FFSC

In the excitement of the Holiday Season, we often get careless and forget about potential dangers to our young children. Foods, drinks, decorations, Christmas trees and toys all can be dangerous, especially for the infant and toddler aged child. For many families this will be the first Christmas with an infant or toddler in the home. Remember, for infants, toddlers and preschool children: "Out of sight and into danger."

Holiday entertaining often includes nut and candy dishes set out on end tables and coffee tables, fruit and vegetable trays on the buffet table and inquisitive toddlers underfoot. Foods that are small or can be broken into pieces can be a choking hazard to the child who does not have enough teeth to properly chew the food. Small hard pieces can lodge in his

trachea or windpipe, or small bronchi, blocking all or part of the movement of air into his lungs.

These foods can be given to preschool children, over two years of age and with close supervision: popcorn and popcorn balls, hard candies, marshmallows, whole cranberries (often used in decorating), nuts, gum drops or gooey candies, ball shaped treats (bonbons, truffles), whole grapes (such as on a fruit platter) or cherry tomatoes, raw vegetable chunks (such as on a vegetable platter), carrot "coins", hot dog pieces, chewing gum, peanut butter, raisins or any dried fruit pieces. The same foods are a choking hazard and should not be given to children under two years.

That crawling infant or just walking toddler can be at risk in the kitchen while mom or dad is busy preparing for the holiday meals. Underfoot, they can be stepped on or tripped over. As nor-

mal "busybodies" who want to be a part of the preparation, they are at risk for burns, falls, cuts and other accidents. Putting the child in his highchair or playpen in the kitchen where he can watch and be a part of the action is safer than letting him crawl and toddle about. A toddler can pull on the decorative holiday table cloth and pull it and anything, including fragile glass or heavy crystal dishes or hot dishes, slow cookers, on it onto his body causing cuts or burns or other trauma.

Alcoholic or mixed drinks often remain in glasses scattered around the rooms after the party. "It is late; I'll clean up in the morning." Children are attracted to anything left in glasses, and especially if it was "forbidden" to them. They will sample and empty out the glasses in the morning after the party while parents are still sleeping in. Even small amounts of alcohol can be dangerous to a child, causing drunken-

ness and respiratory depression leading to stupor, coma and even death.

Choosing a toy that is appropriate for the age and developmental level of your child can be a problem in a household with an infant, a school-ager and a teenager; all who have differing developmental needs.

The small parts that a school-ager enjoys manipulating are a choking or aspiration danger to the infant who puts everything in his mouth. Check the toy package for the recommended age levels.

Balloons are frequently used for holiday decorations for children. A popped or deflated balloon can become a choking risk to a child who sucks or chews on the pieces. If the pieces lodge in his throat or windpipe, there is almost no way to get it out and he suffocates.

Electrical lights, tree decorations, Christmas plants, all have some inherent dangers or hazards

to small children. The strings can become a strangling hazard if he ties or wraps it around his neck and it tightens. Young children are attracted to candles are like a magnet.

Candles are also a fire hazard during the holiday times. The season is a time to be alert and watchful for other potential dangers that might be in your homes. Are your smoke and carbon monoxide detectors working properly?

Children need to continue their usual eating and sleeping routines, even during the holiday events. This will help reduce stress and fussiness for the child and parents.

For more information on any of these topics or child proofing your home and identifying potential dangers to your young child, attend a class on child proofing your home, or come by the New Parent Support Office for handouts and suggestions.

RTC hosts children's party



Photo courtesy of RTC

RTC organized a Christmas party Dec. 9 at the RTC Chapel for children of parents who are scheduled to work the holiday. The two-hour event began at 9 a.m. and included a visit by Santa Claus who arrived on a Naval Station fire truck. Activities included face painting and a variety of refreshments were served.

Holidays no reason to overspend

By **SUSAN M. KOERNER**
TSC Public Affairs

Gifts, holiday parties and plane tickets home are all extra expenses that can break a budget without careful planning. Sailors may have an unhappy new year in the face of extra debt brought about by out of control holiday spending. "There is a great temptation to spend, we are bombarded by ads and sales this time of year," according to Sandee Lopes, training specialist with the Staff/Student In-Processing Center at Training Support Center (TSC).

Lopes says holiday spending should be part of a sailor's financial plan. "A lot of it comes back to the lesson on the spending plan, or budget, we encourage them to set up a goal getter fund; whatever you want to get, identify what it is and set it aside," she explained.

For a majority of new Sailors, serving in the Navy is their first experience with a full time paying job, making more income that they ever had.

Lopes says many students see the holiday break as a time to come home to their families and show them they are self suffi-

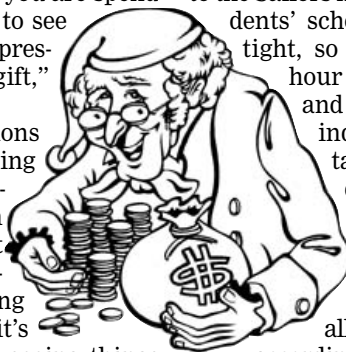
cient and grown up, and being able to buy everyone gifts is a way to demonstrate that. "Think about the money you are spending, going home to see family, that's the present, that's the gift," she added.

Lopes cautions sailors from putting themselves in situations which would prompt impulse spending. "Don't hang out at the mall, it's too easy to start seeing things that you think people would want," she warns, and Internet shopping can also be a pitfall to overspending. "You can just click a button and you've bought something." Using cash may help temper overspending because it becomes a more deliberate transaction. "If it were cash transaction, you'd think differently," she said. Once home with family, there is often additional temptations to shop the after holiday sales and treat others to activities, such as movies or restaurants.

If a sailor has already found themselves in financial rough waters, resources including Fleet and Family Support

Center are readily available. "Our financial educators at FFSC can provide "house calls" to the Sailors here. Often the students' schedules are pretty tight, so we set up lunch hour times to sit down and help them with individual plans to tackle bills and the debt." For the most part, the student thinks their situation is much worse than it actually turns out to be according to Lopes. "They think they'll never recover from the debt, but we give them the tools and the confidence that they can resolve this on their own, they don't have to resort to that payday loan, or file bankruptcy."

Students may approach instructors with questions and if need for individual planning is evident, the house calls can be scheduled. Privacy is maintained and only the student and the financial counselor know the details of the student's situation. "We show them a power payment plan that helps them to identify what to pay and how to get out of debt. It's no magic formula, just time and commitment," she said.



Volunteer income tax assistance program seeking volunteers

Motivated E-5 and above Sailors are needed attend Volunteer Income Tax Assistance (VITA) training from Jan. 8-19. The Naval Legal Service Office will host classes Monday through Friday, from 8 a.m. to 4 p.m. in Building 190. A qualified representative from a local IRS office will be teaching class attendees how to properly file taxes.

According to the official Internal Revenue Service (IRS) Web site, VITA not only provides information to ensure more accurate tax returns, it also decreases the wait for tax returns due to electronic filing. The site reads, "Most service members file their tax returns electronically at their tax centers and, by selecting direct deposit, receive their refunds in as little as one week. This combined effort ensures that service

members receive free tax assistance from well-trained and equipped military tax preparers."

The service is free to all active duty personnel, reservists, retirees, and their family members. The VITA program for military members is organized by the Armed Forces Tax Council (AFTC) consisting of Army, Navy, Air Force, Marine Corps and Coast Guard.

YN1 Pranee Mcfadgen said VITA made filing taxes easy. "They keep copies of last years taxes," she continued, "It was quick, it didn't take long at all." Military members interested in attending VITA classes, contact LT Nathaniel Gross, JAGC, USN, Naval Legal Service Office North Central Detachment Great Lakes at one of the following: DSN 792- 4753 ext 108; or commercial 847-688-4753 ext.108.

Top recruiter



U.S. Navy photo by MCSN Michael Russell

Adm. Mike Mullen meritoriously promotes CTT Brian Davison, Enlisted Recruiter of the Year (Active Component) of Commander, Navy Recruiting Command, as his wife looks on. Davison is one of two recruiters of the year promoted and among 12 of the Navy's Recruiters of the Year (ROY).

Blood drive set for Dec. 18, 20

Great Lakes personnel can save up to three lives with a single blood donation at two blood drives scheduled by the Armed Services Blood Program for active duty members in Afghanistan and Iraq.

The Dec. 18 drive, at the Seaman Apprentice Training Division (Bldg. 122) from 8 a.m. to 3 p.m., will focus on staff members and affiliated civilian

employees, contractors, and Navy family members. On Dec. 20, a drive, open to everyone including students, will take place in the Hospital Corps School multi-purpose room from 7:30 a.m. to 12:30 p.m.

Appointments can be scheduled by clicking on the drop button on Web site militaryblood.dod.mil. Walk-ins are also accepted.

TSC SHIP IN THE SPOTLIGHT: USS COLE

Ship's Name:

USS Cole (DDG-86) is named after Sgt. Darrell S. Cole. He was awarded the Medal of Honor for his conspicuous gallantry in the campaign at Iwo Jima. Feb 19, 1945. Cole led his machine gun section ashore in the D-Day assault of Iwo Jima. He personally destroyed two enemy gun emplacements with hand grenades. Continuing forward his unit was pinned down again by three gun emplacements. One was destroyed by Cole's own machine gun. When his machine gun jammed, he took his pistol and a hand grenade and made a one man assault against the other gun emplacements. Twice he returned to his own lines to get more hand grenades. After successfully destroying the other two gun emplacements Cole



was killed while returning to his lines.

BEQ Stats:

1. Houses over 600 male students attending Advanced Technical Training, to include; Electronics Technician "A", Fire Control man "A", Gunners Mate "A", Interior

Communications Technician "A" and Torpedo man "A" schools.

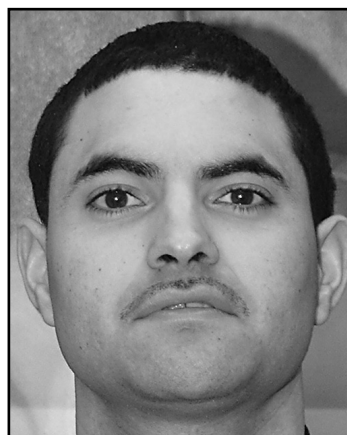
2. Received the Meritorious Achievement Award for donating over 930 Units of blood to the Life Source Blood Service.

3. Carry the star flag, scholastic flag, athletic flag.

4. Ship of month standing- 10th.

5. Ship of quarter standing- 10th.

6. No A.I. for thirty days with over six hundred students.



Guzman

STAFF

Name: FC1(SW) Victor M. Guzman

Hometown: Chester, Va.

Age: 26.

Previous commands: USS Bulkeley (DDG-84).

Hobbies: Working out and basketball.

Goals: Complete bachelor's degree in electronics.

Job before the Navy: Unloader at UPS.

STUDENT

Name: SA Don Bailey

Hometown: Cleveland, Tenn.

Age: 35.

Previous command: RTC.

Current school: ET "A" School.

GPA: 90 percent.

Hobbies: Camping.

Goals: To be a successful electronic technician.

Job before the Navy: Retail store manager.



Bailey

USO Gold Medal Award

The United Service Organizations presented former Commandant of the Marine Corps, Gen. Michael W. Hagee (Ret.) with the USO Gold Medal Award at the 45th Annual Gold Medal Dinner & Armed Forces Gala in New York City, Dec. 7. Gen. Hagee, who was honored for an outstanding career of military service, joined the list of USO Gold Medal recipients with Commissioner of Major League Baseball Allan H. "Bud" Selig, who was also recognized that night.



Readers Speak Out

This week the Bulletin asks its readers, "What is one of the simple pleasures of life you truly enjoy and why?"



"I love to go for a long run by the lake, because I like the way I feel afterwards."

Shauna Towle



"Time with my family and especially with my newborn son. That is where I am deriving my happiness now."

OS2(SW) Ronald Wales



"I love to sit by the lake and watch nature do its thing."

Mary French



"My family and spending quality time with my four-year-old daughter."

EM2(SW) Christopher Sidebottom



"Being with my family, because I am blessed to have them."

CTT2(SW) Javonna Gregory



"Spending time with my 8-month-old daughter, because I love her so much."

FC2(SW) Adam Meier

FFSC to host readiness information fair tomorrow

By JULIE BOESEL
FFSC Great Lakes

The Great Lakes Fleet and Family Support Center (FFSC) will host a family readiness information fair tomorrow, Dec. 16, from 2 to 5 p.m.

The fair will provide the opportunity to gather in groups to discuss common concerns,

thoughts, or suggestions with other spouses.

Child care will be provided at no cost. There will be activities to entertain the children including a visit by Santa, a magician, and an opportunity to participate in the "United Through Reading" program. This program is a chance for your child to be videotaped reading, talk-

ing, or demonstrating a new skill and have it sent to the deployed parent.

The fair is sponsored by the Fleet and Family Support Center and will be held at the USO Bldg 26. While there is no limit on the number who can attend, FFSC asked that those planning to attend phone their reservation to (847) 688-3603 ext. 100 or 101.

What Happened When

A look back at historic Great Lakes

40 years ago BREAKFAST CLUB AT GLAKES

The "Don McNeil Breakfast Club" will come to Great Lakes Monday. The Breakfast Club, heard over the American Broadcasting Company's network, coast to coast, will be held at 9 and 11 a.m. The program is a variety show with singers, band, and radio personality Don McNeil hosting. Tickets are free and can be picked up at the Special Services Building, 82-H.

30 years ago 24-HOUR FOOD SERVICE

The Exchange operated cafeteria located in Bldg. 230 will be open around the clock starting Jan. 3. This new 24-hour food service will be surveyed for approximately one month. Further adjustments to this schedule will be made after weighing the results of the 24-hour operation. It is not the intent of the exchange to compete with clubs on the base but to supplement their service.

20 years ago TOY CAMPAIGN STARTS

Great Lakes personnel will help the Toys for Tots campaign reach its goal of more than \$60,000 worth of new toys for needy children throughout Lake and McHenry counties. Tuesday's kickoff ceremony, hosted by Capt. Robert Knapp of the Marine Corps Reserve Center in Waukegan, included an appearance by Rear Adm. Roberta Hazard, Commander, Naval Training Center.

10 years ago GLOSA SCHOLARSHIPS OFFERED

The Great Lakes Officer and Spouses Association of Great Lakes (GLOSA) has established a fund to provide scholarships to military family members. This applies to both spouses and children. The scholarship program is designed to provide financial support to deserving military family members who wish to continue their education.

Snapshot

Name:
AEC(AW) Joseph J. Bernwinkler

Hometown:
Jacksonville, N. C.

Job Title:
Outreach Coordinator/Admin
LCPO.

Time in position:
Three months.

What do you enjoy most working at Great Lakes?
The challenges of working "out of rate," and the location.

Childhood ambition:
Be a mid-fielder for Real Madrid Soccer Team.

First job:
Dishwasher at a BBQ house.

What do you enjoy doing in your spare time?
Anything that involves my wife and children.

Dream car:
Any car that won't break down on me after the warranty expires.

Favorite music artist:
Pat Matheny.

Favorite book:
"The Catcher in the Rye."

If you could meet any person-alive or dead-who would it be?
Jesus Christ.



AEC(AW) Joseph J. Bernwinkler

Your perfect day:
Everyday that I get to spend with my wife and children.

Your hero:
My Dad.

INFORMATION, TICKETS & TRAVEL

Building 400, 688-3537

Hours of Operation
Mon.-Fri.: 10 a.m.-5 p.m.
Sat.: 9 a.m.-1 p.m.
Sun. & Holidays: Closed

Holiday Hours of Operation

Dec. 23-25: Closed
 Dec. 26-29: 10 a.m.-2 p.m.
 Dec. 30-Jan. 1: Closed
 Jan. 2-5: 10 a.m.-2 p.m.

Australia ...

Planning to visit the land down under? ITT can assist you with airfare, tour packages and 3, 4 and 5 star accommodations at unbelievable prices! Visit the ITT Australia Web site www.ittaustralia.com/ or call for details, today!

MWR Offers free Chicago Wolves Hockey Game Tickets!

For the fourth straight year, the Chicago Wolves and the MWR Department are offering 100 FREE tickets to each and every home game at the Allstate Arena in Rosemont, Ill.

All eligible MWR customers may stop by the ITT Office to sign-up (at least two days prior to the game of choice) to receive a voucher (good for up to four tickets) for any home game per month (additional tickets are permitted if availability exists). Customers must present the voucher at the Arena's VIP ticket window on the day of the game to receive their tickets.

Leisure Travel Office

The MWR Department's ITT Office operates a full service Leisure Travel Office - MWR Travel Plus! Services:
 -Air travel at special Military discounts!
 -Emergency and dependant travel!

-Off duty and leave (vacations)!
 -Tours and cruises, many at Military discounts! A "drop phone" is available at the ITT Office, which may be used for travel information anytime during regular operating hours.

MWR Travel Plus may be reached directly at (800) 905-9330; they may also be found on the web at www.travelplus-inc.com.

Special military rates for holiday exodus travel

MWR Travel Plus can assist you with the annual "Exodus Travel" for base personnel to return home during the holiday period. In order to assist Navy personnel with these arrangements, MWR Travel Plus will be open additional hours at the ITT Office in the Student Store (see below for dates/times).

Although Exodus is the busiest travel time of the year, reduced Military (MIL) rates are available, along with some relief from many of the airline ticketing rules. In 2005, Navy personnel utilizing MWR's ITT Travel Office saved an average of \$97 per ticket versus purchasing from an outside source. All personnel are advised to make their plans as far in advance as possible.

Airport Shuttle Ticket Information:
 Airport shuttle (one-way) ticket cost: \$15, and with the "Gold Card" discount, only \$13 - to either Midway or O'Hare airports! Airport shuttle bus departure times: 4:30 a.m., 7:30 a.m. and 9:30 a.m. from Pier 525 on Thurs., Dec. 21. Airport Shuttle ticket outlets: Bldg. 400-ITT Office, Bldg. 2A-Loft, Bldg.'s 616 and 621-Zapper's and HCS. Tickets are available for purchase during these facility's regular operating hours.

December MWR Travel Plus "In Person"

Hours (when airline tickets may be purchased) at the ITT Office: Mondays, Wednesdays & Fridays; 10 a.m.-6 p.m.; Thursdays; 10 a.m.-5 p.m.; Saturdays, Dec. 2 and 16; 9 a.m.-1 p.m.; Paydays, Dec. 1 and 15; 10 a.m.-8 p.m. An "On-site" representative will be at the Hospital Corps School on all Tuesdays in December from 10 a.m.-4 p.m.

Call 800-905-9330 (toll free number) for those interested in purchasing airline tickets over the phone. Itineraries may be picked up at the ITT Office. Hours the phone service will be in operation: Monday-Friday, 8:30 a.m.-5 p.m.

Quality Inn Waukegan

Offers discount rates to base personnel! Quality Inn Waukegan is offering low rates to all base personnel, family and friends. Enjoy a complete deluxe continental breakfast bar and newly renovated rooms with special Military rates from \$49/Night, located only three miles north of the base at 619 South Green Bay Rd. For reservations, call (847) 662-3200 (Please mention this ad when booking your reservation). Web site is www.qualityinnwaukegan.com

America's Action Territory

America's Action Territory is the "Midwest's Finest Family Entertainment Center", offering Go-Karts, Bumper Boats, Mini-Golf, and more! Year-round, customers will enjoy a 15,000 foot arcade/redemption area, as well as laser tag, inflatables and more! Located in Kenosha, WI (off Hwy. 50 and I-94), Action Territory offers a 10% military/government discount with a proper I.D. In addition, The ITT Office now offers discount packages to save even more money! Check out the savings at the ITT Office (Bldg. 400) or call 688-3537 for further details. Discount Package. Wristband Special-3 games of Laser Tag/20 game tokens and a slice of pizza and a soda. Special Navy price: \$12 (reg. price \$15 at the door savings of \$3). Kids Indoor Wristband-unlimited use of the indoor inflatable games, 20 game tokens and a slice of pizza and a soda. Special Navy price is \$6 (reg. price \$8 at the door-savings of \$2)

Holiday Exodus Shuttle Bus Tickets!

Save \$2 on Airport Shuttle Tickets for Holiday Exodus when you show your MWR Gold Card. Purchase these Shuttle Tickets at the following locations: ITT (inside NEX Student Store-Bldg. 400), The Loft (3rd Deck, Bldg. 2A) and Zapper's in Bldg.'s 616 and 621.

Ramada-Waukegan offers a special \$79

The Ramada-Waukegan, located at 200 N. Green Bay Road, offers all Great Lakes staff, recruits and families a special \$79 rate. Six Flags packages are also available with discounted tickets to the park, hot breakfasts and overnight stays included. Enjoy our variety of amenities: Indoor pool, hot tub, sauna, gift shop, exercise room, restaurant and lounge. Please call (847) 244-2400 to book your next overnight stay at the Ramada-Waukegan.

★ ROSS ★ THEATER

Movies: \$2-Adult (Military or DOD)

\$1-Child (ages 6-11), Free-Under age 6

Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

**Fri., Dec. 15
6 p.m.**



THE
SANTA CLAUSE 3
THE ESCAPE CLAUSE

G~For General Audiences. (98 Min.)

**Fri., Dec. 15
8:30 p.m.**



THE
PRESTIGE

PG 13~For violence and disturbing images. (128 Min.)

**Sat., Dec. 16
6 p.m.**



BORAT

R~For pervasive strong crude and sexual content including graphic nudity, and language. (82 Min.)

**Sat., Dec. 16
8:30 p.m.**



Russell Crowe
a good year

PG 13~For language and some sexual content. (118 Min.)

**Sun., Dec. 17
3 p.m.**



FLUSHED AWAY

PG~For crude humor and some language. (84 Min.)

**Sun., Dec. 17
6:30 p.m.**



Man of the Year

PG 13~For language including some crude sexual references, drug related material, and brief violence. (115 Min.)

The movie schedule is subject to change without notice.

For up-to-date information,
 call the MWR Scoop Line at 688-2110, ext. 697,
 24 hours-a-day or check the web site at

www.mwrgl.com



MWR AND USO ARE SPONSORING A...

Ross Theater Holiday Movie Marathon

FREE! All attendees receive a free box of popcorn & soda!

Mon., Dec. 25 • Showtime starts at 3 p.m. (2nd movie to immediately follow)

1st Movie Showtime: 3 p.m.
Elf
 PG-13~For mild language. (97 Min.)

2nd Movie: Following immediately after 1st movie.
National Lampoon's Christmas Vacation
 PG 13~Comedy. (97 Min.)

Mon., Jan. 1 • Showtime starts at 3 p.m. (2nd movie to immediately follow)

1st Movie Showtime: 3 p.m.
Poseidon
 PG 13~For intense prolonged sequences of disaster and peril. (100 Min.)

2nd Movie: Following immediately after 1st movie.
Meet The Fockers
 PG 13~For crude and sexual humor, language, drug reference. (115 Min.)

No movies will be shown at Ross Theater: Dec. 22-24 and Dec. 29-31.
 For more details: 688-2110 x164

● **CHAPLAIN'S CORNER**

The Gift of Christmas

By **LT. PRATIK K. RAY**
Chaplain Corps, USN

"And there were in the same country shepherds abiding in the field, keeping watch over their flocks by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round them: and they were sore afraid. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Savior, which is Christ the Lord." —Luke 2: 8-11, KJV

I wish you joy and peace as we celebrate Christmas this holiday season! Christmas is the celebration of a special gift to humanity: the birth of the child savior Jesus Christ some 2000 years ago. We can read about this gift in the Gospels of Matthew and Luke, which tell the Christmas story of how Jesus was born to The Blessed Virgin Mary in the city of Bethlehem and was adored by shepherds, wise men, and angels alike. We can also find the Christmas story in the Gospel of John, which reads, "In the beginning was the word, and the Word was with God, and the Word was God. . . and the Word was made flesh, and dwelt among us" (John 1:1, 14a, KJV). The birth of Jesus is a gift

without price because Jesus was born to fulfill God's promise that God would send a savior who would "save his people from their sins" (Matthew 1:21b, NIV). Further, as John tells us, Jesus is God's own self given to humanity in the flesh. This is great news! Jesus' birth proclaims boldly to the world that God is not put off by our humanity. God is not too good or too distant to be with us or understand our problems and failings. No! Instead, God plunges himself headfirst into our humanity in the birth of the baby Jesus—the Word made flesh!

Through the life of the child savior, God elevates all of us. God in Jesus Christ has met us where we are so that we might follow him in redemption. He became like us so that we may become like him: "For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many" (Romans 8:29, NIV).

The Christmas story is, therefore, not just a story about one child's birth that happened long ago in a distant land, but it is our story—yours and mine. It is the story of our salvation linked to the gift of God's own Son, God's own self. What a wonderful and precious gift! Thanks be to God and Merry Christmas.

Worship today
in the faith
of your choice

Shipmate-to-Shipmate 2006

The chapel communities of Great Lakes have banded together to help our enlisted service members in need this holiday season. Throughout the month of November, offerings made by chapel attendees were pooled together, raising over \$5,000 for the cause of supporting those among us who find themselves in need.

These funds are being distributed in the form of Commissary gift certificates so that recipients will be able to breathe a little easier as they put food on the table for their families.

In addition, Great Lakes MWR, in conjunction with the Christmas Spirit Foundation and the FedEx "Trees for Troops" program, has made available free Christmas trees to those who wished to receive them from among the Shipmate-to-Shipmate recipients.

Those receiving assistance through Shipmate-to-Shipmate were nominated through their commands and recommended



Photo by Jim Boylan

RP3 Kira White, Forrestal Village Chaplain's Office hands to Elizabeth Layug, Goodwill general lead clerk at the Great Lakes Post Office, letters/vouchers to those service members E-5 and below nominated in the Shipmate to Shipmate program sponsored by Regional Chaplain's Office, Bldg. 3.

for assistance by their Command Master Chiefs or equivalent. This year, 39 members were nominated, and all of these with their families will benefit from the donations

made through the chapels' Religious Offering Funds.

On behalf of the religious ministries team, thank you to all who gave so generously in support of our shipmates!

Interested in volunteering to be a command ombudsman?

A Command Ombudsman is a volunteer, appointed by the commanding officer, to serve as an information link between command leadership and Navy families. Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life (QOL) improvements opportunities, and

"good deals" around the community.

They also provide resource referrals when needed. They are instrumental in resolving family issues before the issues require extensive command attention. The command ombudsman program is shaped largely by the commanding officer's perceived needs of his/her command. The command ombudsman is appointed by and works under the guidance of

the commanding officer who determines the priorities of the program, the roles and relationships of those involved in it, and the type and level of support it receives.

Training is conducted at the local Fleet and Family Support Center so if you are interested in becoming a Command Ombudsman for your command, simply call your command master chief and let them know.

● **Command Religious Program Schedule**

Catholic

Sun., 9 a.m. Sunday MassBluejacket Memorial Chapel
Sun., Noon Sunday MassForrestal Village Chapel
Mon.-Fri., 11:45 a.m. Weekday MassBluejacket Memorial Chapel
Sun., 10:30-11:30 a.m. CCDBldg. 122
Sun., 10:30 a.m. Catholics Seeking ChristBluejacket Memorial Chapel

Protestant

Wed., Noon Praise, Word and WorshipNaval Health Clinic All Faiths Chapel
Sun., 10:30 a.m. Contemporary WorshipBluejacket Memorial Chapel
Sun., 10 a.m. Family Worship ServiceForrestal Village Chapel

Church of Jesus Christ of Latter Day Saints

Sun., 1:30 p.m.Naval Health Clinic All Faiths Chapel

Chapels

- Bluejacket Memorial Chapel - Bldg. 3, Naval Station
- Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
- Naval Health Clinic All Faiths Chapel, Wing 2 South
- For More Information about any of the services or events listed in this schedule, call 688-5610

Great Lakes chaplains are happy to help you find a place of worship according to your tradition and needs.

FISHING ON THE EDGE

Making the most out of electronics

By MIKE IACONELLI
2006 BASS Angler of the Year

To some anglers, electronics - the type you'll find at the console and on the bow of any modern fishing boat - can be a little confusing. Why? Because of the misnomer that is attached to them: "fish finders."

I, like most everyone else, have heard this expression a million times and it still seems funny to me. If they found fish, like the term suggests, then why aren't we all catching our limits of huge fish every time we turn the thing on? The truth is, electronics aren't necessarily used to find fish but to find structural breaks, rock piles or stumps that can help you locate fish. These high-tech electronics give you a pair of underwater eyes so that you can tell what the bottom of the fishery is like. It's not just a bowled out hole out there - there are humps, drops, channel swings, points and isolated pockets of cover and that's what I am looking to find.

Often times, when I'm slowly motor over a big flat area that is - for example - 8-feet deep, I am watching my electronics like a hawk waiting for the depth to drop to 10 or 11 feet and rise back up to eight feet.

That tells me that there's a change in structure and contour. After I drop some marker buoys overboard to mark the spot of the transition, I'll start casting something like a Berkley Frenzy crankbait, maybe a Carolina rig with a Berkley Power Bait lizard

or a heavy jig. These baits will come into contact with the bottom and let me know more about it.

Also, these baits cover a lot of water so I can find out pretty quick whether or not there's a fish in the area that I can catch.

When the time comes that I am using my electronics to find a fish, I'm still not necessarily looking for a bass. Mostly, I am looking for fish activity - especially baitfish that show up as dark clouds on the electronics. If I see that the depth of the water is, for example, 25 feet and the bait fish are at 15 feet, then I know to focus my efforts in 15 feet of water since that is the depth where the feeding is taking place. Knowing that, I can drop shot a "Gulp!" sinking minnow or swim a Classic Power Jig at the right depth.

This information is especially important this time of year as we approach winter and colder temperature throughout most of the country. In winter, bass are more lethargic and are most often found deep in the fishery's warmest water. So, I look on my electronics for deep water with vertical break areas, places where the channel swings to create depth.

To catch more fish using your electronics, it's important to disregard this "fish finder" misnomer and not use it as a crutch. By using the equipment actively and searching for areas where fish should be, most often you won't actually have to see the fish to catch it.

GREAT LAKES FITNESS CENTER

Bldg. 2A, 688-5649

Winter Basketball 2007 Co-Ed League Registration

Both boys and girls will have the opportunity to learn the fundamentals of basketball by playing in this fun Co-ed League. Players of all skill levels are encouraged to participate. Leagues begin practice in early January. Practices will be held throughout the week. Games will be held on Saturday mornings from January 20-March 3. Please register at the Great Lakes Youth Center through January 4. The cost is \$40 per child.

All players will receive a game shirt and an award. Call Lori at 688-5573 for more details.

-Pee-Wee League, ages 5-7
-Junior League, ages 8-10
-Senior League, ages 11-14

Volunteer Coaches Needed!

Volunteer Coaches are needed for the upcoming Winter Basketball 2007 Co-Ed League. No experience is necessary, just a willingness to have fun and teach youth. All leagues will run with the help of our local military community. This is a great opportunity to participate in your community. Please contact Lori at the Great Lakes Youth Center at 688-5573, if you are interested in coaching youth basketball.

Ice Hockey League

A manager's meeting is scheduled

on Wed., Jan. 10 at 5 p.m. This is a mandatory meeting for team managers to discuss the following: equipment, league scheduling, etc. Team rosters and forfeiture letters are due by Thurs., Jan. 11. Players will receive their own personal mouth guard, which must be worn at each game. This League is not for Captain's Cup points. League play will begin the week of January 15, based on number of teams (some Saturdays may be an option). This League takes place at the new outdoor rink, near Constitution Field.

Captain's Cup Basketball -
League meeting: Wed., Jan. 10 at 4 p.m. (Bldg 440). League begins: Week of January 15.

Intramurals Racquetball -
League meeting: Wed., Jan. 10 at 4:30 p.m. (Bldg 440). League begins: Week of January 15.

Captain's Cup Volleyball -
League meeting: Wed., Jan. 17 at 4 p.m. (Bldg 440). League begins: Week of January 22

Intramurals Dodge Ball League -
League Meeting: Wed., Jan. 24 at 4 p.m. (Bldg 440). League Begins: Week of January 29.

Aquatics Indoor Pool, Bldg. 440, 688-7692/3419

Registration is currently being

taken for the winter session Youth Swim Lessons, beginning the week of January 15.

Water Aerobics

Water Aerobics are scheduled every Tuesday and Thursday from 6:30-7:30 p.m. The cost for 10-classes is \$25 and for 20-classes is \$35. Meet our newest aerobics instructor, as she gets your feet movin' and body groovin'!

Private Swim Lessons

Private Swim Lessons cost \$12 per class / or \$ 40 for 4 classes. These lessons will be arranged with the Aquatics Manager

Pool Parties

Reserve the Indoor Pool (Bldg. 440) for your next party on Friday from 7-9 p.m. and either Saturday or Sunday from 3-5 p.m. The cost is \$75 for 15 children (chips and soda included). Each additional child is \$4.

Participants may bring their own cake, food/drink and decorations. A party room is provided. Call the Aquatics Branch for full details.



Morale, Welfare and Recreation's Holiday Hours of Operation for Mon., Dec. 25 and Mon., Jan. 1

	Dec. 25	Jan. 1		Dec. 25	Jan. 1
Youth and Family Activities: Great Lakes Youth Center, Bldg. 2600, 688-5573	Closed	Closed	Pier 525, Bldg. 525, 688-4641	Closed	Closed
Willow Glen Golf Club, Bldg. 3312, 688-4593	Closed	Closed	Skyline Food Court	3-10 p.m.	2-10 p.m.
Information, Tickets and Travel, Bldg. 400, 688-3537	Closed	Closed	Club Nitro (All-Play request music format)	Closed	7 p.m.-Midnight
Great Lakes Library, Bldg. 3, 688-4617	Closed	Closed	Gameroom	3 p.m.-Midnight	3 p.m.-Midnight
Marina/Rental Center, Bldg. 13, 688-5417	Closed	Closed	21 and Over Lounge	3 p.m.-Midnight	3 p.m.-Midnight
Climbing Wall, Bldg. 4 (Courts Plus), 688-7769	Closed	Closed	Zapper's Snack Bar (HCS), Bldg. 130-H, 688-7533;		
Auto Skills Center, Bldg. 2110, 688-2457	Closed	Closed	Zapper's Snack Bars, Bldg. 616, 621 and 236, 688-2214	Closed	Closed
Ross Theater, Bldg. 110, 688-6763			Fitness and Sports Division:		
Mon., Dec. 25: Movies to start at 3 p.m. (2nd movie - immediately following)			Bldg. 440 (Fieldhouse), 688-3419	Closed	10 a.m.-4 p.m.
"Elf" (run time: 97 minutes); "National Lampoon's Christmas Vacation" (run time: 97 minutes).			Bldg. 440 Indoor Pool (Fieldhouse), 688-3419:	Closed	10:30 a.m.-2 p.m.
Mon., Jan. 1 (New Year's Day): Movies will begin at 3 p.m. (2nd movie - immediately following).			Bldg. 4 (Courts Plus), 688-6750	Closed	Closed
"Poseidon" (run time: 98 minutes); "Meet the Fockers" (run time: 115 minutes).			Bldg. 2A, (Great Lakes Fitness Center), 688-5649.	Closed	Closed
The Loft, Bldg. 2A, 688-2214	Closed	Noon-10 p.m.	Bldg. 80-H Gym, 688-3610.	Closed	Closed
Veterinary Clinic, Bldg. 111H, 688-5742	Closed	Closed	Bldg. 80-H Pool, 688-3610.	Closed	Closed
Rynish Bowling Center, Bldg. 180, 688-5612	Closed	Closed	Child Development Centers, Bldg.'s 3110, 2700, 2101, 688-2110,		
Port O' Call (Office, Pub 140 and Eagle's Nest),			ext. #129 and Child Development Home Program and R&R (Office),		
Bldg. 140, 688-6946	Closed	Closed	Bldg. 3110, 688-5498	Closed	Closed
			RTC Recreation Center, Bldg. 1326, 688-3645	8 a.m.-8 p.m.	8 a.m.-8 p.m.

Five ways to create a life portfolio

By DAVID CORBETT

Life spans have increased and will continue to edge upward, even as older Americans are becoming more vital. That has yielded a new life stage — the first since social scientists identified adolescence a century ago. It's extended middle age, anywhere from age 50 to 90.

Old approaches to retirement are obsolete in light of this change, and we have new opportunities to make this new stage meaningful. The way to do this is to adopt a life planning model called a life portfolio.

It's a "portfolio" because, like a collection of stocks and bonds, it is an integrated mix of personal holdings or assets. But this one covers the gifts, values, passions and pursuits that make you who you are.

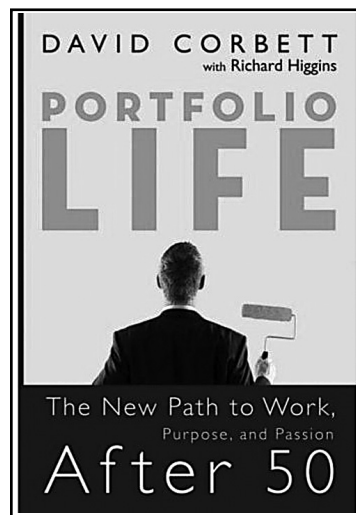
How do you get a life portfolio? Here are five ways to begin:

1. Work for pay or passion, but on your own terms. You've spent your career working for others, and hopefully, you've enjoyed your work.

But now you have the opportunity to love what you do. You might get paid monetarily for it, or the payoff might be that you experience bliss.

But you've waited for this chance your whole life and now, finally, the possibility is open to you.

2. Learning and spiritual growth. You may have missed the opportunity to get a degree, or an advanced degree, while you were getting established in your career and rising through the ranks. Or you may have had to say "no" to your inner voice that wanted to connect with nature, pray, or meditate more often. Well, now you have the time that you always used as an excuse. You can get that degree (or just take classes in whatever strikes your fancy). You can hike, or go to your house of wor-



ship, or explore your connection to the universe in whatever ways feel right to you — and you don't have to wait for vacation time to do it.

3. Recreation or down time. If you've always wanted to take more time for yourself, you finally can. Activities that you always had to cram into your two- or three-week vacation can now become ways in which you occupy much of your time. Whether you want to improve your golf game, become conversant in current movies and other aspects of pop culture, or travel to all the places you've never been — now is the time when you finally can indulge yourself. There's nothing to stop you from turning down time into your best ever time.

4. Connect with family and friends. Sure, you've always loved your family and valued your friendships. But you've never had the time you wished you had to devote to building those relationships, because you were so busy with your career track. The good news is that it's never too late to have the relationships you've always dreamed of. Now that you have the time to devote to your family and friends, you can finally strengthen those bonds and

give the most important people in your life the attention they deserve — and that you deserve to give them.

5. Give back. If you've spent your whole career accumulating wealth and material possessions, you're not alone. You've had bills to pay, and perhaps you've had children and grandchildren to support. But now that you've made it to retirement, you can take the pressure off yourself. You don't have to acquire more wealth. Your kids can take care of themselves, and your grandchildren have their parents to rely on for support. You can use your money, time, and energies in ways that please you. Do you want to contribute money to your community, house of worship, or an organization that matters to you? It's done — if that's your choice.

Building your life portfolio is all about making choices. It's never too soon to create one. All of this takes planning, of course, and a life portfolio is indeed a strategic plan. It has short and long-term goals to keep us on track and set realistic expectations for ourselves and our families.

But, fundamentally, it is an orientation to life — one spanning yesterday's accomplishments, today's goals, and tomorrow's legacies.

To adopt it, you have to step back, question what you may have learned about "retirement," and be willing to envision and plan new possibilities.

Because one can begin to weave a life portfolio as early as one's twenties, even as careers are pursued, and because it may last thirty or forty more years afterward, a portfolio can actually have more impact in shaping adulthood than a career. Careers, in short, have a shelf life; portfolios can be timeless. Start yours today.

Galleys to serve Christmas dinner

Christmas dinner at Training Support Center and Recruit Training Command will include large amounts of traditional holiday food. The galleys are planning to serve 3,542 pounds of roast turkey; 2,379 pounds of honey ham; 1,927 pounds of prime rib; 23 gallons of egg nog; 2270 cherry pies, 276 apples pies, and 264 pumpkin pies.

"Christmas is truly one of the

best days of the year at the galley," said Ron Fry, director, Galley and Uniform Department.

"With Christmas approaching quickly, galley employees are in preparation for our big Christmas dinner. For many recruits and Sailors it is often the first time away from home, so galley employees add their own special touches to the meal.

"You'll find an expanded menu

including the traditional dishes like turkey, ham, prime rib, stuffing, pies, and eggnog," Fry noted. "Seconds and thirds are served at the tables, decorations hang from the walls and holiday smiles greet you wherever you turn.

"A special thank you goes out to all the Goodwill workers who work on Christmas Eve and Day and make the holiday memorable for our Navy customers."



Your "Home Away From Home"

For current program info see Web site:
www.uso.org/Illinois

Your USO Great Lakes "Home Away From Home" Has So Much to Offer!

- Six computers with Internet, printers and fax (\$1 per hr)
 - A library with books and magazines you can take with you! FREE
 - Quiet study rooms large enough for groups.
- Big screen movie rooms with all the latest movies. FREE!
 - Four Pool tables FREE!
 - A Music Room with guitars, drum set, keyboard and amps. FREE!
 - Art Room loaded with art supplies. FREE!
 - PlayStation 2, N-64 and X-Box with all the latest games. FREE!
- NO DOUGH DINNER/KARAOKE! We feed you the night before payday! Don't forget "No-Dough" dinner the night before each payday at 5:30 p.m.

NAVY PIER TICKET INFORMATION

The Standard I-Max tickets: Regular price \$10.50. USO Price is \$5. Standard tickets cover the 50-minute, 3-D movie.

Tickets are available for purchase at the Navy Pier USO.

The Premier I-Max Tickets: Regular price \$14.50. USO Price is \$8. Premier tickets cover full-length movies and are available for purchase at the Navy Pier USO.

The 3-D Thrill Ride offers discounts when presenting a military ID.

The Sea Dog offers discounts when presenting a military ID.

The Shoreline Water taxi is free for military in uniform.

The Tall Ship "Windy" offers free rides to military in uniform.

For information on all USO, special events go to www.uso.org/Illinois and click on link to Special Events or the link for the Calendar of Events. The Great Lakes USO is Located in Building 27 on the Great Lakes Naval Station near the Front Gate. The hours of operation for center usage are Monday-Friday 1500-2100 and Saturday and Sunday 1100-2100. The USO is open Monday - Friday from 0800-1500 for outreach programs, ticket programs, and general assistance. For any questions or comments, call (847) 688-5591. Serving Our Troops Since 1941: The mission of the Corporation is to enhance the quality of life of the U.S. Armed Forces personnel and their families and to create a cooperative relationship between U.S. military communities and involved or supporting civilian communities.

Thrift shop to close for holidays

The Navy-Marine Corps Relief Society (NMCRS) Shop located in Bldg. 162 will close during the holidays starting Dec. 21 through Jan. 2, 2007.

The final day the thrift shop will be open is Dec. 20 from 3:30 to 5:30 p.m.

During the time the thrift shop is closed, no donations will

be accepted until reopening for normal operations on Jan. 3. Also, because several volunteers will be out of town, the drop box will not be available for the receipt of donations.

The entire NMCRS Great Lakes Staff thanks everyone for your support during 2006 and wishes you a Happy Holiday!